

Laser Hair Removal Pre & Post Care

PRE-TREATMENT INSTRUCTIONS

1. You will need to arrive at your appointment clean shaved. Outgrown hair will affect the outcome and your results will be less satisfactory in the long term. We will not shave treatment areas. Any appointments that are rescheduled due to unshaven treatment area will be charged a missed appointment fee of 50% of the service full price total.
2. Avoid the sun 2 - 4 weeks before and after treatment. Epidermal melanocytes (sun tanned skin) competes with melanin in the hair and can cause the laser to be unable to see the hair and less effective.
3. **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active tanning (natural Sunlight, tanning beds, spray tans, or self-tanning products), you may develop hypopigmentation (white spots) after treatment and it may not clear for 2 - 3 months or longer. It is your responsibility to inform us of any recent tanning at least 24-48 hours prior to your appointment so we can reschedule. Clients that show up to appointments and are refused treatment due to tanning will be charged a missed appointment fee of 50% of their service cost.
4. The use of self-tanning skin products **MUST** be discontinued 1-2 weeks before treatment. Any residual self-tanner should be removed prior to treatment.
5. Your provider may ask you to stop any topical medications or skin care products 3 - 5 days prior to treatment.
6. You **MUST** avoid bleaching, tweezing, waxing, and all depilatory products for 4-6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the "target" for the laser light.
7. If you have had a history of cold sores (herpes simplex virus), your provider may recommend prescription antiviral therapy. Follow the directions from your healthcare provider.

POST-TREATMENT CARE

1. Immediately after treatment, there might be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment.
2. A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
3. Makeup may be used immediately after the treatment as long as the skin is not irritated.
4. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
5. Use a sunblock (SPF 30+) at all times throughout the course of treatment.
6. Avoid picking or scratching the treated skin. **DO NOT** use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area after the laser treatment is performed. Shaving is the only method of hair removal permitted during the treatment process, and will become less necessary as you progress through your treatments.
7. Anywhere from 10-20 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.

8. After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
9. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
10. Return to the office or call for an appointment in 6 to 8 weeks. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment.